



Playing Tennis Safely Videos



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Below is a list of short videos to demonstrate how All Canadian Management will run development programs safely.

Preparing the bag

- Extra racquets
- Extra shirt
- Towel
- Mask
- Gloves
- Lots of water
- Snack & lunch
- 1 can of marked balls [Number]

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Arriving at the club

- Door open [put markers for spacing waiting for front desk]
- Stop at the front desk to sanitize
- Coach is there with visor and takes attendance
- Proceed to line up
- Walk to court
- Sanitize hands walking in on the court
- Proceed to court and put the bag at the back of the court
- Start warm-up

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Exiting at the club

- Pack up bag
- Sanitize hands upon leaving
- Join the exit line
- Coach leads the group to the front following one-way exit route
- Doors open, players leave

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Volunteer parent

- Meet kids at the front doors of the facility
- Guide players to courts with physical distancing respected
- While on-court ensure respect of all safety protocols
- Feedback to coach if player or drill not respecting protocol
- Sign attendance list at end of practice [if protocol respected]
- If not give feedback to head coach
- The parent volunteer can be on the side or walking on the court with a tube to pick up balls
- At the end of practice walk to the front and wait for all kids to be picked up

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Warming up

- Player's leave their bag at the back of the court [designated marker]
- Use all of the courts inside doubles alley
- Leave balls that cross through the middle or exit to another court

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Cross court

- Emphasis on depth
- Do not run outside of doubles alley
- Watch for players on the adjacent court

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At the net

- Players on the same side can both be at the net
- Or one up and other back
- All four players can be at the net [stay close to doubles alley]
- Two players at the net on the same side for overheads

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When playing points [1 on 2]

- Player not playing must stay at designated space next to bags on the deuce side
- Player finishing point exists to the left
- Player waiting for moves in

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When playing one on one

- Both players not playing waiting on the deuce side
- Exiting player to the left of the court

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When picking up the balls

- Players gather balls from their area
- Make piles for the coach to pick up
- Only the coach picks up balls

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Putting a ball in play

- Do not touch balls
- Pick up with racquet and foot
- Feed the ball after a bounce

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Water break

- Take own water from tennis bag
- Stay within the designated area for the duration of water break

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When Serving [volume]

- Put on your glove
- Practice your serve
- Discard of glove

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When serving and playing points

- Take marked balls from your bag
- If not returned, pick up partners balls with foot and racquet
- Players not playing the point stay at the back of court deuce side
- Players leave the court moves off the court to the left

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Moving up and down

- Bring your marked balls
- Moving up from the baseline
- Moving down from service line
- Send back to them

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Mike Voiceover -

- 1) One on one points

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- 2) Two vs one point play

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- 3) Coach surveying court

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